



CHECKLIST:

Settling In Your Adopted Dog

1

✔ Set a routine

Dogs thrive on routines and patterns. Stick to a routine from the first day you get your new dog home. Have a set time for feeding, bed time, opportunities to go outside and play, walking and training times. Knowing what is happening next will make your dog feel at ease rather than feeling anxious over what might



2

✔ Prevent unwanted behavior

Treat a newly adopted dog like you would treat a new 8 week old puppy. This means have your dog on a lead when in the house and supervise directly. If you can't supervise, put your dog in an area that they can't get into trouble.



3

✔ Set sleeping area

Choose where your dog will be sleeping and stick to it. Many dogs feel more secure in a small den-like sleeping area and that's why crate training can be really useful. Make the area cosy and a comfortable temperature. Don't throw your dog out in the cold all alone. Dog's need to feel close to their pack. This doesn't mean that the dog needs to sleep on the bed, or even in the bedroom, but not way down the back yard in a cold kennel.



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✔ Set eating area

Dogs thrive on routine and knowing their place. Feed at the same time and in the same location each day while your dog is settling in. If you need to, you can change this up later when the dog is settled.



5

✔ Introduce to other dogs slowly

If you have another dog, introduce the dogs on lead and in a neutral and calm environment and then take them for walks together walking them parallel to each other to get them used to each other's presence gradually. Don't rush the dogs into being stuck together in a small area like the yard. Treat both dogs equally and don't favor either dog.



6

✔ Play time

Play games with your new dog to increase the bond.



7

✔ Clean diet

Diet affects behavior so make sure your dog is on a good clean diet. I recommend a raw natural diet. Although it takes a bit of research, it is worth it for your dog's ultimate health.

Check out this ebook at www.dogmatters.com.au/goingrawrebl for more information.



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✔ Environmental enrichment

When you go out or leave your dog alone, leave them with something fun to do. You can use environmental enrichment toys such as Kong products and stuff the dog's food inside the toy. Use the dog's actual meal so that the dog is hungry and motivated to work the food out of the toy. This will help your dog to enjoy some alone time and not become overly dependent on clinging to you all the time



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✔ Provide a safe space

Make sure your dog has a quiet space that he or she can escape to when it all becomes too much. Crate training is great for this.



10

✔ Remove items you don't want destroyed

Set your dog up for success by removing any objects that they may be tempted to chew on or destroy. Provide doggy alternatives that they are allowed to chew on instead and rotate toys to keep it interesting.



11

✔ Provide regular exercise

Daily walks are important for bonding, training, stimulation and exercise. Make sure you take your dog for a walk outside of your home each day.



12

✔ Training!

Dogs thrive on not only knowing what is likely to happen next, but also on knowing who is in charge and that that person is a reliable and trust worthy leader. This means being fair and firm, but also fun. Using fun training methods increases your bond with the added bonus of achieving reliable obedience and improving your dog's trust in you.

Obedience training also improves confidence, gets your dog into the habit of listening to you and makes everyday life more pleasant for everyone.

For example, teaching your dog to walk on a loose leash makes walks more pleasant for all involved, which means that your dog in turn, gets more walks! This in turn means the dog is getting more exercise, which also has an effect on overall behavior around the home. It's a win-win situation!

